

NEWS

Depot ATCs earn recognition in national awareness month

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STAFF WRITER

National Athletic Trainers Month, an event created to bring awareness to the profession, will kick off with a new theme this month, Injury Treatment: Early care speeds recovery.

With a theme that supports the military lifestyle and Depot Certified Athletic Trainers in speeding the recovery of recruits and permanent personnel alike, promoting awareness is a welcome acknowledgment for those involved in this profession.

According to the National Athletic Trainer’s Association Web site, [www.nata.org](http://www.nata.org), ATCs are unique health-care providers who specialize in the prevention, assessment, treatment and rehabilitation of injuries and illnesses that occur among athletes and anyone who is physically active.

Most service members will need help from an ATC at one time or another. With one ATC for 4th RTBn. and two more splitting duty between 1st, 2nd and 3rd RTBns., the recruit training regiments and any permanent personnel have access to the services of these preventative and rehabilitative medicine specialists.

“What we do as athletic trainers here is not that much dissimilar from what is done in the traditional setting,” said Anne Curry, certified athletic trainer attached to 4th RTBn. Aid Station. “I will say that the setting is different, but the goals and the outcome are the same. [Anyone with] muscular skeletal injuries is sent to the athletic trainers and we evaluate, treat if necessary, and consult with the battalion



Anne Curry, certified athletic trainer, performs one of many exams throughout her daily schedule at 4th RTBn. Aid Station Feb 27. Anyone with muscular skeletal injuries is sent to the athletic trainers, where they are evaluated and treated if necessary.

medical officers. That is very similar to what we do in the high school or collegiate training rooms.” As the role of athletic trainers grows in importance, so should the awareness, according to NATA.

“Athletic trainers are almost a secret profession in a way,” said Al Green, the Chair of Public Relations for NATA. “We have already seen improvement through

[past] efforts. It is really a grass roots campaign, where we are educating people one by one through local programs.”

However, the ATCs’ techniques are no secret to the Marine Corps. They are commonplace amongst the aches and pains associated with the rigorous physical strain of recruit training.

“During the [recruit training] cycle, if you are broken then you come here,” said

Vincent A. Mancini, 3rd Battalion Aid Station and Special Training Company Certified Athletic Trainer. His job deals with most of the recruits and permanent personnel who are in need of specialized care, such as, the Physical Conditioning, Medical Rehabilitation, Basic Marine and Evaluation and Holding Platoons.

“We let them know what is going on with their bodies,” said Mancini. “We

NHB sailor achieves dream

PATRICIA BINNS  
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“What a rush!” Navy Lt. Isabel Detter exclaimed when asked to describe her feelings about completing her very first marathon. Detter, a Civil Engineer Corps officer and the Head of Naval Hospital Beaufort’s Public Works Department, competed in Blue Angel Marathon in Pensacola, Fla., Saturday. Accompanied by her husband and training partner, Detter completed the marathon in 4 hours and 42 seconds.

She started training for the 2000 BAM while stationed in Atlanta and joined a running club that trained as a group.

“I could see that the group training had a very positive

effect on the enlisted staff,” said Detter. “They all got caught up in the excitement of training for such a big event.”

After training for a while, she received orders and had not been able to compete until this year. Detter and her husband made the trip from Beaufort to Pensacola, Fla. Feb. 26, and spent the next day relaxing in a cabin on the beach. Saturday, under what she describes as perfect weather conditions and after a fly-over by an F-18, the race was on. The first 10 miles were run on base, and after 14 miles off base, participants completed the 26-mile course back on the military base. “The support was awesome, with Marines manning water and Powerade stations and more F-

18 fly-overs,” said Detter.

Although her legs are a little tired now that she’s back at work, Detter is determined to train for next year’s BAM by establishing a running club at NHB. She also plans to do “all the marathons that I can afford to do,” before next February. “I’d like to see more people from my command compete, but I know that it’s a big commitment,” she said.

She hopes to improve her time, but says it was incredible to see all types of runners competing, from elite runners to those who needed more than six hours to finish to some runners with T-shirts commemorating their 50th marathon.

“I want to inspire those around me to compete,” said Detter. “It’s such a rush!”

the actions on the battlefield and so did the presentation. Ferguson however, was somewhat in awe of the grand ceremony.

“I kind of wanted to just pocket the award,” he said modestly. “It is a big thing in the Marine Corps [to receive a] Bronze Star, but I wasn’t expecting there to be that many people there. It was one of the bigger formations, and had more media than I had ever seen for an award [presentation].”

The Alpha Company commanding officer echoed the sentiments of humility when he talked of Ferguson and of the recruits training at Parris Island.

“This is a very humble young man,” said Lt. Col. Keith L. Cieri, commanding officer, 1st RTBn. “If it were up to him, he would have gotten that medal in the office with his captain giving it to him. It just goes to show that if anybody has any doubts about the new generation of Marines that are coming in, they can come down here and look at the young men that we are training and the ones who are training them.”

Ferguson was rewarded for his dedication to duty and, after his

return from combat, extended that dedication to the Corps by becoming a drill instructor.

“There is always something to bring into the aspects of [training],” said Ferguson. “From the day we graduated, we were taught things that we would carry with us. Basically, it all comes down [to the fact that] we are a ‘Band of Brothers,’ and now I have a chance to come down here and teach it myself.”

In only his first cycle as a drill instructor, Ferguson has made lasting impressions throughout the command.

“He has already established a reputation as being a very dedicated professional,” said Cieri. “There is no doubt in my mind that he is setting an outstanding example for these young Marines, as [all of his] recruits are already trying to be like him.”

Ferguson feels the experiences he had in Iraq will remain as lasting impressions imprinted on his character.

“I will always enjoy looking back on it,” he said. “It was crazy at times, but time spent with the Marines was a good experience.”

All in the family ...

A photograph of four young Marines in camouflage uniforms standing on a set of white steps. They are all looking forward. The Marine in the front center is a woman, and the others are men.

Lance Cpl. Brian Kester  
**Married duos, Recruits Terrence Goonan Jr., 19, Platoon 3021, Kilo Co., 3rd RTBn., and April Goonan, 18, Platoon 4007, Oscar Co., 4th RTBn., along with Recruits Sean Smith, 20, Platoon 3020, Kilo Co., 3rd RTBn., and Stacey Smith, 22, Platoon 4006, Oscar Co., 4th RTBn., enlisted together and will graduate at the same time Friday. Both couples saw the Marine Corps as a stepping stone to make a better life for themselves. Stacey Smith, whose uncle was a Parris Island drill instructor and captain in the Corps, and her husband also joined the Corps as an incentive to succeed and start a new life together.**

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